

THE GOLDEN RULES

1. Give yourself a stronger support base by standing with your feet slightly further apart, to allow for your new center of gravity.
2. Step your feet apart one at a time rather than jumping, to avoid stressing your pelvic floor muscles.
3. Do not compress your baby. Don't lie down, and keep your legs apart when we stretch forward from a standing or sitting position.
4. The pregnancy hormone relaxing is acting to soften all your connective tissue, so don't put strain on your joints by overstretching.
5. Avoid the poses three Legged Dog and Standing Split. They can strain your pelvis' Sacroiliac joints. Stay in Down Dog Pose or even Cat Stretch if it is more comfortable, especially in the third trimester.
6. Don't add load to your lower back by leaning right back. Try to keep your pelvis upright and your tail bone tucked under, especially in moves like Lunges.
7. Don't worry about keeping up with the class – those other people aren't pregnant! Rest in Childs Pose or Seated Star Pose with your back against a wall if you need to.



Childs Pose



Seated Star Pose



Lunge



PREGNANCY GUIDE BODYBALANCE™



lesmills.com



BODYBALANCE™ AND PREGNANCY

HOW TO MODIFY THIS CLASS DURING YOUR PREGNANCY

Please make sure you understand all these modifications and how to use them in class. Feel free to discuss them with your Instructor.

Breathing, stretching, strengthening and relaxation exercises in BODYBALANCE™ can help you feel comfortable with changes in your body and mind during pregnancy.

PLEASE seek medical clearance from your doctor or lead caregiver before starting any fitness regime. BODYBALANCE™ is gentle and low-impact, but some health conditions during pregnancy can make any exercise unsafe or uncomfortable.

During class, focus on yourself and your baby, and participate at a pace and intensity that is comfortable for you. Breathe, relax and don't strain to achieve a particular movement. Our goal is to create a balanced body and calm mind, so listen carefully to your body and stop if a pose does not feel good.

TRACK MODIFICATIONS IN DETAIL

Track 2: Sun Salutations

Keep your feet hip-width apart throughout. You can replace the Crocodile and Cobra and Up Dog Poses with a Cat Stretch if necessary.

Cat Stretch: Keep your knees and feet hip-distance apart, and hands in line with your shoulders. Exhale as you lift your back, drawing your buttocks under as you look down.



Cat Stretch

Track 4: Balance Track

You should allow for your changing center of gravity in pregnancy. ALL balance poses CAN be done with both your feet in contact with the ground. Carry the weight on one leg and balance with the other, or use a wall for support.



Star Pose



Eagle Pose



Tree Pose



Aeroplane Pose

Track 6: Core – Abdominals

These moves are more slow and controlled, so you can participate at your own pace. If you experience dizziness or discomfort lying on your back, roll on to your side and rest. Always roll this way before turning to a sitting position.

Alternative moves are:

Bridge: Knees and feet hip-width apart, feet parallel and a comfortable distance from your buttocks. Exhale and gently press your lower back into the floor, then slowly curl up your tail bone, lifting the pelvis. Feet and arms carry the weight.



Bridge

Hindi Squat: Feet turned out. Press through all four corners of your feet. Elbows and inner thighs press as you lift your chest.



Hindi Squat

Track 7: Core – Back

Instead of lying on your abdomen, raise up on to your hands and knees or kneel.



Hands and Knees

Use the Camel Pose instead of the Bow Pose, with your knees and feet hip-width apart. Keep your legs strong and active, your chest lifted and your neck comfortable.



Camel Pose



Kneeling

Track 8: Twists

When twisting, turn without putting any pressure on your abdomen. You can turn away from the bent knee.



Seated twist

Track 9: Forward Bends – Hamstrings

Keep your legs apart when you stretch to avoid compressing your abdomen. If you feel dizzy or uncomfortable with your head down, lift your head, bend your knees and bring your elbows or hands to your thighs.



Seated Forward Fold



Forward Fold

Track 10 and 11: Relaxation and Meditation

Use the side Recovery Position if this is more comfortable. You can place cushions under your head and between your knees as required.



Recovery Position